



MRSA

Instructions of the prevention of MRSA for students living in residence hall/apartments:

- Keep your hands clean by washing them frequently and thoroughly with soap and warm water or using an alcohol-based hand sanitizer. Hand-washing is the best way to avoid spreading germs.
- Keep cuts and scrapes clean and covered with a bandage and avoid contact with other people's wounds or bandages.
- If you have a wound or insect bite that won't heal or has signs of infection such as redness, swelling and pain with pus, visit Health Services or your health care provider immediately for a diagnosis.
- Do not share personal items such as towels, clothes, tweezers or razors.
- If you have a private bathroom, clean it often, (minimally 1-2 times per week) using any cleaner labeled as disinfectant or a 1:10 solution of bleach and water. Professional cleaning techniques or solutions are not necessary.
- Keep your environment clean by wiping frequently touched surfaces (such as countertops, doorknobs, computer keyboards, remote and video game controls and light switches) with a disinfectant. Cleaning wipes with bleach work well for this type of cleaning.
- If your roommate or someone you know has been diagnosed with MRSA, do not panic. Simply follow the instructions above, and encourage that person to follow the instructions on the reverse side.

For More Information, Visit the Following Sites:

- www.cdc.gov/ncidod/dhqp/ar_mrsa_ca.html
- www.unh.edu/health-services/staph.htm



Health Services, University of New Hampshire

(603) 862-3823

www.unh.edu/health-services

Facebook/Twitter: UNHHealth



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If you have been diagnosed with a MRSA infection, follow the instructions below to keep from spreading the bacteria:

- Cover your wound with clean, dry bandages and carefully follow your medical providers instructions on caring for your wound.
- Keep your hands clean. You, your roommates, and other people with whom you are in close contact should wash their hands frequently with soap and warm water or use an alcohol-based hand sanitizer, especially after changing the bandage or touching the wound. Soiled bandages should be placed in a plastic bag and knotted before disposal.
- Do not share towels, washcloths, razors, clothing, beds, or other items that may have had contact with your wound or a bandage. Wash your sheets, towels, and clothes regularly with warm water and detergent and dry them in a hot dryer, if possible.
- Keep your environment clean by wiping frequently touched surfaces (such as countertops, doorknobs, computer keyboards, remote and video game controls and light switches) with a disinfectant. Cleaning wipes with bleach work well for this type of cleaning.

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